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| **Days to Emerge:** 10 days |
| **Seed Depth:** 1" |
| **Seed Spacing:** 2 seeds  every 4" |
| **Row Spacing:** 2' |
| **Thinning:** When 1" tall,  thin to 1  every 4" |
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**Edamame Envy Seed**

***Glycine max***

75 days. Edamame, edible green soybean, has quickly become one of our favorite vegetables. Envy is a short season variety. Edamame are 40% protein (11 grams in 1/2 cup of cooked beans), high in vitamins A and B, calcium and iron, and very high in fiber and essential fatty acids. Lower cholesterol, and reduced risk of heart disease are just two of the benefits credited to the increased consumption of soy products. And to top this off, edamame taste incredible! Easy to grow.

**When to sow outside:** RECOMMENDED. 1 to 2 weeks after average last frost and when temperatures are warm, and successive sowings every two weeks for a continual supply.

**When to start inside:** Not recommended.

**Harvesting:** To enjoy Envy at its best as a shelling bean, harvest when pods get plump, but are still green; the whole plant may be pulled up. To harvest as a dry soybean, wait about another month, until 90% of the leaves have fallen off, and pods are hard. Pull up the whole plant, hang it in a dry place and allow to completely dry out. Place dried pods in a bag and shake seeds out of pods.

*Artist: Priscilla Baldwin*